









Fall 2003

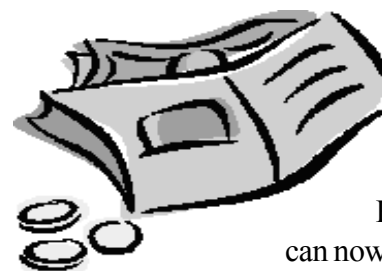


KEEPING CHIP FAMILIES INFORMED

What's inside...

-  CHIP Needs Help
-  New Dental Benefit Year
-  Remember
-  Jog From Junk
-  Kids Only
-  Important Information

CHIP Needs Help



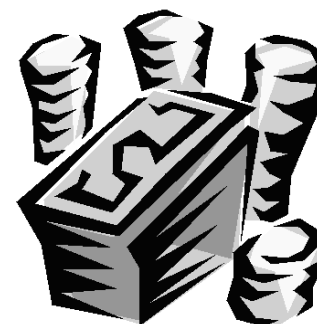
The Montana Department of Public Health and Human Services

can now use private donations to purchase CHIP insurance for children. The best part is that for every \$1.00 CHIP receives, the federal government will give CHIP \$4.26. That's a great deal!

CHIP will use all donations received to purchase insurance—no donations will be used for administrative costs.

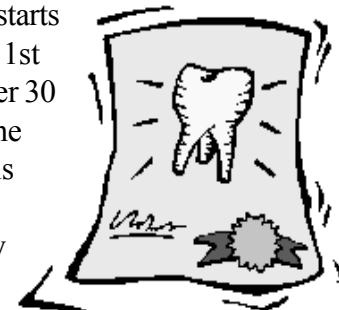
If you think a business or individual living in your area might be interested in helping to buy health insurance for children, please let us know. Send an email to chip@state.mt.us or call us at 1-877-543-7669. Tax-deductible contributions to DPHHS, State of Montana, can be sent to:

CHIP
PO Box 202951
Helena MT
59620.



New Dental Benefit Year

That's right! The CHIP dental benefit year starts over each October 1st and ends September 30 of the next year. The dental benefit year is the same for all children covered by CHIP even though families re-enroll at different times. CHIP pays up to \$350 per dental benefit year for each CHIP-insured child. There are no copayments for dental services. If you need the name and telephone number of a CHIP dentist, refer to the dental provider list we sent you, go to the CHIP web site at www.chip.state.mt.us, or call CHIP toll free at 1-877-543-7669.

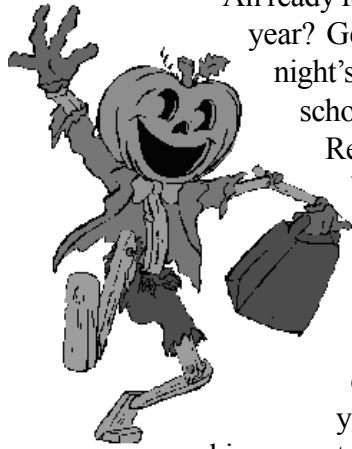


Regular dental visits now can help protect your child's smile for years to come!

Remember

Your child may have turned one and lost automatic newborn Medicaid coverage or lost Medicaid coverage for other reasons. If you have a child enrolled on CHIP and a child losing Medicaid coverage, please call us as soon as possible. Your child losing Medicaid could be covered by CHIP along with their currently enrolled sibling. Call our toll free number at 1-877-543-7669.

Jog From Junk



All ready for the new school year? Getting a good night's sleep for every school day?

Remembering to eat breakfast and walk to school?

Increased rates of obesity and diabetes among young children are

making parents even more

concerned about the quality of food available to their children through school breakfast and lunch programs. Parents are also concerned about snack foods candies and other “junk foods” sold in school vending machines. Many Montana communities are exploring how they can strengthen school policies related to breakfast, lunch and snacks on campus.

Studies show that both good nutrition and fitness can make a big difference in school attendance, classroom participation, test scores and even behavior. Brain research indicates that power nutrition combined with physical activity leads to better learning.

Kim Anderson, principal at Central Middle School in Whitefish, Montana, has first-hand experience with the power of providing healthy options to kids at school. “Changes in the food we offer to kids have helped reduce discipline problems and improve the overall learning environment at Central Middle

School,” he states. “We have eliminated pop, candy and other foods of minimal nutrition value from our vending machines and cafeteria lines.”

Questions to ask your principal, school board and PTA:

- Who decides “what’s for lunch”?
- Who makes school policies for vending machines, snacks and sodas in the cafeteria or student store?
- Who decides what foods can be sold as part of student activity fund-raisers?
- How can parents participate in the policy-making process?

For more information on this subject please visit this website at <http://www.healthinschools.org/parents/lunch.htm>.



Hot Cocoa Pops – A cool cocoa treat

(<http://pbskids.org/zoom/cafe/hotcocoapops.txt.shtml>)

Here's what you will need to make it:

- hot cocoa mix
- marshmallows
- 9 oz. plastic cups
- popsicle sticks
- aluminum foil

Here's what you have to do:

1. Check with a grown-up before you start.
2. Ask an adult to help you make some hot cocoa. You can use a mix, or you can make it from scratch.
3. Let the hot cocoa cool off. After it's cooled, pour it into a plastic cup.
4. Then, stick a marshmallow halfway up a popsicle stick. Put the popsicle stick in the cup.
5. Cover the cup with a piece of aluminum foil. Press down so the end of the popsicle stick pokes out of the foil. The foil will keep the popsicle stick in place.
6. Freeze your popsicles overnight.
7. When they're ready, wiggle the stick back and forth to get your popsicle out of the cup.
8. Enjoy this frozen hot cocoa treat!



Important Information



CHIP: 1-877-KIDSNow
(1-877-543-7669)
FAX: 1-877-418-4533
These are free calls.



CHIP E-mail
chip@state.mt.us

CHIP Website
www.chip.state.mt.us



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BlueCHIP
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1-800-447-7828
extension 8647